



Tools For Action

A sample of physical education initiatives in Wisconsin

"S.C.C." - Super Cool Challenge

Contact Information

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Program Information

Program Name "S.C.C." - Super Cool Challenge
Program Category Increase physical activity levels outside of the school day
Grade Level Elementary School (K-2); Elementary School (3-5)
Assessment Method Impact on behavior (increase in active minutes or miles walked)

Program Information

Products Developed or Materials Used:

Program Description:

All students in K - 5 received exercise logs in their Thursday folder. Students were to challenged to increasing their activity levels by being active in the evening a minimum of 20 minutes, 5 days a week. They would complete the exercise log listing activity they did each day. Parents would then sign exercise log. Students meeting the requirements of the challenge would drop their completed exercise log in the "Super Cool Challenge" box before school on Friday. Before the morning announcements, 10-15 names would be drawn and those students would win an "activity prize" (i.e. frisbee, jump rope, ball, yo-yo, etc...). The PTA donated money to purchase the prizes. The program ran in the spring of the year for 6-consecutive weeks.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:
<http://dhfs.wisconsin.gov/health/physicalactivity/>
or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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